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FOR ECONOMY

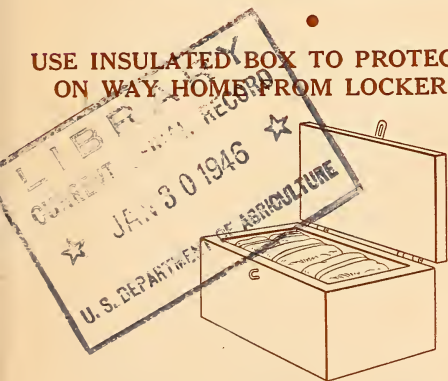
USE FREEZER TO CAPACITY

Put Food in Freezer Frequently.

Take Food From Freezer Regularly.

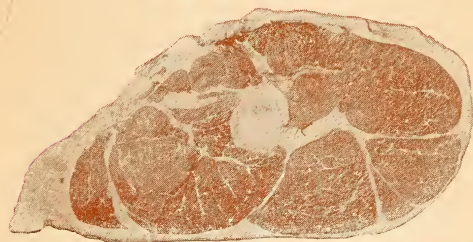


USE INSULATED BOX TO PROTECT FOOD
ON WAY HOME FROM LOCKER.



For insulation, use chopped paper, shavings, cottonseed hulls, or other filler.

FREEZING MEAT



and POULTRY PRODUCTS

*for
Home Use*

U. S. DEPARTMENT OF AGRICULTURE

Prepared by

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Agricultural Research Administration

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FREEZING IS AN EXCELLENT MEANS OF PRESERVING MEATS, POULTRY, EGGS (LIQUID), AND FISH, AS WELL AS FRUITS AND VEGETABLES.

Frozen Foods Resemble Fresh Foods

Most of the original goodness of fresh foods can be preserved in the frozen products if proper methods are used. On the other hand, even foods that are hard-frozen will dry out and lose quality and food value if processed and stored incorrectly. **FOLLOW THE RULES.**

Cook Frozen Foods Like Fresh Foods

Frozen meats may be put on to cook without previous thawing, but roasts are usually thawed before cooking is begun. Thawed roasts cook more quickly and uniformly.

Thawed Foods Spoil Easily

Thawed foods are wet, and spoil quickly. Cook promptly after thawing. If foods thaw slowly in a refrigerator they will keep for a day or somewhat longer after thawing.

This folder was prepared in the interests of food conservation for farm families and others who use frozen-food lockers or who have home freezing cabinets.

PREPARING POULTRY, EGGS, and FISH for FREEZING

POULTRY

DRESS—CHILL—DRAW

In preparing to pick chickens avoid overscalding the skin. Use water about 128° to 140° F.



Roasters—tie compactly



Fryers and fowl—unjoint, or cut up



Broilers—split

**WRAP IN MOISTURE-VAPOR-RESISTANT PAPER, AS DIRECTED FOR OTHER MEATS
FREEZE PROMPTLY**

STORE AT 0° F.

Chickens may be glazed and wrapped in the same manner as fish.

EGGS

Freeze Only Liquid Eggs



Break fresh clean eggs into clean bowl. Dirt from dirty shells may spoil keeping qualities.



Add 1 tablespoon corn sirup or sugar or 1 teaspoon salt to each cup of liquid eggs.

Break all yolks. Mix thoroughly but do not whip in air.

Mixing helps prevent gumminess in thawed yolks. Sirup, sugar, or salt give added protection.



Separate whites from yolks, if desired.

Add 2 tablespoons corn sirup or sugar or 1 teaspoon salt to each cup of yolks and mix as for whole eggs.

Package whites with nothing added and no mixing.



Package in moisture-vapor-proof containers. Freeze promptly.

Store at 0° F.

1 tablespoon yolks = 1 egg yolk.

1½ tablespoon whites = white from 1 egg.

USE THAWED EGGS PROMPTLY.

FISH



Chill fish promptly
Pack in ice if necessary

WHOLE

STEAK

FILLET



Scale, dress, remove head, and wash.

Trim fins and tail if fish is small and to be frozen whole.

Cut large fish into pan-ready steaks or boneless strips as desired.



Wrap in moisture-vapor-proof paper as for meat. Freeze promptly.
Store at 0° F.



To glaze fish or poultry:

Freeze unwrapped.

Dip in near-freezing water.

Let ice film freeze.

Dip again.

Renew glaze when necessary—every 1 to 3 months.

PREPARING BEEF, PORK, and LAMB for FREEZING

KEEP MEAT CLEAN

Hang up to chill
Wash
Wipe

KEEP MEAT COLD

Chill at 33° to 39° F.
Pork and veal, 1 to 2 days
Beef and lamb, 5 to 7 days
(to make more tender)

BEEF and VEAL

CUTTING METHODS

The thick, more tender loin (4) and rib (5) are suitable for frying and roasting; the chuck (8), rump (3), and round (2), for Swiss steaks and pot roasts; the thinner shanks (1), flank (6), plate (7), and neck (9) for stew and ground meat.



PORK

CUTTING METHODS

Cut or slice the thick ham (1), loin (2), and shoulder (4) into roasts, steaks, or chops. Trim the bacon strip (3) for curing, or cut into boiling pieces. Trim all meat closely, using lean for sausage and fat for lard.



LAMB

CUTTING METHODS

Trim the legs (1) and shoulders (4) into smooth roasts; cut rib (3) and loin (2) into chops; bone breast (5), shanks, and neck, for stew or ground lamb.



FOR HIGH-QUALITY FROZEN MEAT—

Select sound, high-quality meat.

Chill promptly and thoroughly to below 40° F.

Cutting:

Separate steaks from roasts; pot roasts from stew meat and from meat that should be ground.

Make these cuts in sizes suitable for your family.

Package in quantities that you wish to cook at one time.

Wrap carefully to prevent drying.

Freeze quickly at zero or lower.

Store at 0° F.

When using a home freezer or locker that does not have a special freezing compartment, separate the unfrozen packages from each other with bits of lath to permit air flow around them. Limit the amount of meat added at one time, to prevent undue warming of previously frozen food.

From 8 to 12 hours is often required for packages of meat to freeze thoroughly when exposed to an air temperature of 0° F. or less; 24 hours or more may be needed in a home cabinet.

Limit storage time. If the wrapping paper is moisture-vapor-proof and your freezer carries a uniform near-zero temperature, 6- to 12-months' storage is practical. If foods dry or lose quality, shorten the storage period.

Protect frozen food withdrawn from the freezer, putting it in an insulated box.

Cook thawed foods promptly.

TO SAVE STORAGE SPACE, BONE THE CUTS OR TRIM INTO SMOOTH COMPACT PIECES



Cut the thick rib roast (a) from the thin stewing plate (b).



Bone the shanks, neck, and plate for stewing and grinding.



Cut round (a), rump (b), sirloin (c), and T-bone steaks (d).



Bone round and cut into tip (a), top (b), and bottom (c).



The result: Compact, smoothly trimmed cuts, ready for wrapping.



Cut ham at right angles to hind shank.



Remove the three-rib shoulder (a).



Cut the thick loin (a) from the thin bacon (b).



Cut the fat back (a) from the lean loin.



Trim ham (a), bacon (b), and shoulder (c) smoothly. To save freezer space these cuts can be cured and smoked.



Cut to give: A five-rib shoulder (a) leaving other ribs on rack (b), loin (c), and leg (d).



Bone to give compact, boneless shoulder.



Prepare short-cut chops to save storage space.



Trim leg roasts (a) and leg chops (b) smoothly.



Other products are boneless stew meat (a) and ground lamb (b).

WRAPPING, FREEZING, AND STORING BEEF, PORK, AND LAMB

WRAP

in vapor-resistant coverings to make the package airtight and prevent drying

FREEZE promptly

STORE at 0° F.

1.



Pull paper tight to drive out air; make packages smooth to pack together snugly.

4.



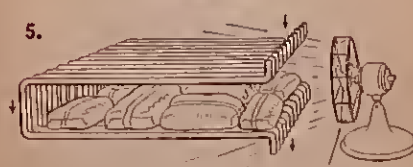
Wrap cuts; package ground meat in cartons or bags.

2.



Seal seam with a fold.

5.



3.



Fold or twist ends. Tape ends and seams.

6.

Spread packages to freeze.
Use moving air.
Use subzero temperatures.
STORE AT 0° F.

MEAT YIELDS

Approximate amounts of trimmed meat cuts with surplus fat and bone removed.

BEEF:		Pounds
Live weight.....		750
Whole carcass.....		420

Trimmed cuts:	Pct. of live wt.	Pct. of carcass wt.	Pounds
Steaks and oven roasts.....	23	40	172
Pot roasts.....	11	20	83
Stew and ground meat.....	11	20	83
Total.....	45	80	338

Forequarters..... 218 lb.

	Pct. of forequarters	Pounds
Steaks and oven roasts.....	25	55
Pot roast.....	32	70
Stew and ground meat.....	27	59
Total.....	84	184

Hindquarters..... 202 lb.

	Pct. of hindquarters	Pounds
Steaks and oven roasts.....	58	117
Stew, ground meat and pot roasts.....	18	37
Total.....	76	154

PORK:		Pounds
Live weight.....		225
Whole carcass.....		176

Trimmed cuts:	Pct. of live wt.	Pct. of carcass wt.	Pounds
Fresh hams, shoulders, bacon, jowls.....	40	50	90
Loins, ribs, sausage.....	15	20	34
Total.....	55	70	124
Lard, rendered.....	12	15	27

LAMB:		Pounds
Live weight.....		85
Whole carcass.....		41

Trimmed cuts:	Pct. of live wt.	Pct. of carcass wt.	Pounds
Legs, chops, shoulders.....	37	75	31
Breast and stew.....	8	15	7
Total.....	45	90	38

POULTRY and EGG YIELDS

(Approximate)

POULTRY:

	Live wt. Pounds	Dressed and drawn Pounds	Pct. of live wt.
Chickens.....	2-4	1½-2½	62
Hens.....	4-8	2½-5½	65
Turkeys.....	10-20	7½-15	75

EGGS:

1 case, 30 dozen, 45 pounds net.

	Weight pounds	Pct. of whole eggs
Whites.....	20	46
Yolks.....	17	37
Shells.....	8	17
Total.....	45	100

Suggested storage periods for wrapped foods held at 0° F. are:

PRODUCT:	Storage period months
Sausage and ground meat.....	1-3
Fresh pork and fish.....	3-6
Lamb and veal.....	6-9
Beef, poultry, and liquid eggs.....	6-12

WHEN WRAPPING PAPER IS SHORT USE MELTED LARD

Freeze steaks or chops, roasts and blocks of stew or ground meat unwrapped.

Dip each frozen piece briefly (5 seconds) in fresh lard, heated to 200° F.

Let thin lard film set on frozen meat.

Lard wrapped meat will resist drying for 6-12 months' freezer storage.